

A Cornerstone of Health

Why Now, More Than Ever, You Need a Massage

While you may be tempted to trim your wellness budget when economic times are tough, now more than ever, massage should play a role in reducing stress and strengthening the health of Americans.

When you feel your best, you are more likely to be able to face the challenges difficult times present. With greater health and peace of mind, you can face difficulties with poise, clarity of purpose, and strengthened emotional reserves.

Truly, massage is more than a luxury--it's a vital part of self-care that has a positive ripple effect on us as we work, play, relax, live life, and care for others.

reducing the risk of stress-related illnesses, massage also boosts immunity, helping you fight colds, flu, and other viral infections.

Following is a sampling of a long list of bodywork benefits:

- EASE ANXIETY.
- REDUCE THE FLOW OF STRESS HORMONES.
- IMPROVE SLEEP.
- BOOST THE IMMUNE SYSTEM.
- BUILD ENERGY LEVELS.
- REDUCE FATIGUE.
- FOSTER CONCENTRATION.
- INCREASE CIRCULATION.
- DEVELOP SELF-ESTEEM.
- REDUCE FREQUENCY OF HEADACHES.
- RELEASE ENDORPHINS.



Massage induces a sense of grounding and calm, helping you face challenges with ease.

Invest In Yourself, Invest in Those You Love

In economically challenging times, it is vital to invest in preventative health care. The last thing you want is to get sick, have to take time off of work, and pay expensive medical bills. Staying healthy means maintaining your ability to take whatever life has to throw at you. Besides lowering stress levels and, in turn,

And if you think about it, massage is an excellent value. The price of massage has remained stable in recent years, as the cost of movies, dining out, and sports events has risen. Which of these has the power to improve your health and your outlook on life?

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"Nothing is so strong as gentleness. Nothing is so gentle as real strength."

-Frances de Sales

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The positive effects of regular massage can have far-reaching effects in many areas of your life.

At Home

Massage therapy will also help families under stress create healthier households with clear-thinking and more relaxed moms and dads. Children are very sensitive and often pick up on tension in a household; parents who are taking care of themselves are more likely to be better caregivers and provide a sense of security to their kids. This goes for caregivers of aging parents and other family members.

At Work

The health benefits of massage can help forestall illnesses and lost work time, especially when you may be asked to produce more with fewer resources. Decision-making skills will be better and your performance is likely to be improved with a clear focus and more energy.

A hint for the boss: Research shows employees exhibit less stress and improved performance when given twice-weekly, 15-minute massages in the office!

For Health Conditions

Those with already existing health conditions can continue to reap benefits in the following ways. And proactively caring for health through massage may help reduce costly doctor visits and use of prescription and over-the-counter medications.

Research shows:

- Massage can reduce sports-related soreness and improve circulation--good to know when you may be exercising more to reduce stress.

- Deep-tissue massage is effective in treating back pain, arthritis, osteoarthritis and fibromyalgia. Fibromyalgia patients receiving massage also have less pain, depression, anxiety, stiffness, fatigue, and sleep problems.

- Massage reduces symptoms of carpal tunnel syndrome.

- Oncology patients show less pain, fatigue, nausea, anxiety and depression following massage therapy.

- Stroke patients show less anxiety and lower blood pressure with massage therapy.

- Massage therapy is effective in reducing postsurgical pain.

- Alzheimer's patients exhibit reduced pacing, irritability and restlessness after neck and shoulder massage.

- Labor pain. Massage during labor appears to reduce stress and anxiety, relax muscles and help block pain. Some medical professionals believe massage also reduces tearing, shortens labor, reduces the need for medication and shortens hospital stays.

- Preterm babies receiving massage therapy gain more weight and have shorter hospital stays than infants not receiving massage.

- Massage is beneficial in reducing symptoms associated with arthritis, asthma, high blood pressure, and premenstrual syndrome.

There is now a body of research to support the benefits listed above. But there's no greater testimonial than the person who is a regular receiver of massage. The first-hand experience of bodywork clients largely echo the same sentiment: bodywork enhances quality of life, and the return on your investment is great.

While bodywork feels like a luxurious mini-vacation, and you should by all means enjoy it, there is an actual physical need for massage. Maintaining a regular massage schedule will help you operate at your peak level--whether it be at work, at home, or at play. Invest in yourself, and book a massage today.



Massage is one of the few things that provide so much pleasure while improving your health.

Prevent the Afternoon Slump

Some Tips for P.M. Energy

Jerry V. Teplitz

If you're like most people, you've experienced the afternoon slump. You know the feeling -- it's only 2 p.m., yet you feel drained. Fortunately, you can employ methods to reduce the slump's frequency and shorten its duration.

DRINK WATER.

Your body uses water even if you're not exercising. If you wait until you feel thirsty, you're already dehydrated. Keep a water bottle handy all day.

AVOID SUGAR AND SIMPLE CARBOHYDRATES.

While a mid-afternoon candy bar may give you a quick rush, it actually worsens the slump. Instead, choose protein-rich foods and complex carbs.

EAT SMALL MEALS.

Have six small meals over the course of the day instead of three large ones. Big meals cause the digestive process to divert blood from your brain to use in the digestive track.

EVALUATE YOUR LIGHTING.

Most offices are lit with cool, white

fluorescent tubes, which have a terrible effect on how people feel and function at work. A better option is full-spectrum, fluorescent tubes.

TAKE TIME FOR WALKS.

Walking gets your blood circulating, helps you breathe better, and stimulates your brain due to the increased blood flow. Take a 5- or 10-minute walk during the day.

MEDITATE.

Meditation is great for rejuvenating your body. By meditating for 15 to 20 minutes twice a day, you're keeping your body continually energized and rested.

TAKE TIME TO BREATHE AND STRETCH.

Deep breathing exercises give you an energy boost. Also, stand up and stretch to increase blood flow and stimulate the lymphatic system.

HANDLE NEGATIVITY.

Negative people and images can have a draining effect on your energy. Make a conscious effort to stay positive.



Avoid the drain office settings can bring on.

High Time for Tea

Discover the Healing Properties of Taking Tea

The health research is enough to make you forego the latte for strong brewed tea instead. Name your color -- black, white, green, even red -- teas are packed with disease-preventing antioxidants (more than some fruits and vegetables) and contain vitamins, minerals, and at least half the caffeine of coffee.

Fortified with free radical-fighting polyphenols, tea drinkers have a reduced risk of many different cancers, in particular stomach, colorectal, and even skin cancer. Tea drinkers also have a lower risk of heart disease, stroke, and high cholesterol. Containing anti-inflammatory and arthritis-preventing properties, tea also helps stimulate the immune system and protect the liver against toxins.

But you have to drink up. Most research points to five or so cups of brewed tea each day to reap the health benefits. Decaf tea loses some but not much of its health punch, due to extra processing.

All traditional tea -- white, green, oolong, and black -- is derived from the leaves of an evergreen tree called the *Camellia sinensis*, and all contain the health-promoting polyphenols. White tea is made from young tea leaves, dried in the sun without fermentation or processing. Green tea is dried with hot air after picking, so it retains its color but is not fermented. Oolong tea, sometimes referred to as "brown" tea, is fermented but not processed to the point of black tea. Black tea, on the other hand, is fully fermented, which

accounts for the color of the leaves and its stronger flavor.

Rooibos, or red tea, is naturally caffeine-free and from the *Aspalathus linearis*, a shrub that grows only at high altitude near Cape of Good Hope in South Africa.

Herbal teas are made from a variety of plants, roots, bark, seeds, and flowers and are technically herbal infusions rather than tea. Though they don't contain the same antioxidants and haven't received the same research-based accolades as traditional tea, the herbs in these infusions have certain healing properties that have been used for centuries to treat many common health issues.

*"We never touch
people so lightly
that we do not
leave a trace"*

-Peggy Tabor Millin

Have you taken time out for yourself lately? Now is a great time to schedule your, in home, personal retreat. Whether for relaxation or therapeutic purposes...You owe it to yourself.

Services include:

- Swedish massage
- Deep tissue
- Foot reflexology
- Facelift Massage
- Special events/parties

* 10%off your next session when you mention this *
* show this newsletter. Expires: 04/24/09 *

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